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## Effect of yogic training on vital capacity

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### Abstract

The fundamental limit of the lungs is a basic segments of good wellbeing. Indispensable limit is a significant for those with asthma. Heart conditions and lungs infirmities the individuals who smoke and the individuals who have no known lung issues.

**Objective:** To find out the effects of four weeks yogic training on vital capacity of university students.

**Design:** Researcher measured vital capacity of students from spirometer. Vital capacity determinants were taken pre-yogic training and post-yogic training. No control group was used.

**Sample:** PG diploma in Yoga classes students of Chaudhary Bansi Lal University taken for Yogic Practice. A total of 30 college students, 12 men and 18 women.

**Intervention:** Subjects were taught yogic asana, pranayama and relaxation in 2 hours' class practice for 4 weeks.

**Results:** The study showed a statistically significant ( $P < .05$ ) improvement in University Students.

**Conclusions:** It is not known whether these findings were the result of yoga poses, breathing techniques, relaxation, or other aspects of exercise in the subject's life. The subject's adherence to attending class was 99.96%. The total number of 30 subjects is considered to be a valid number for a study of this type.

**Keywords:** Asana, pranayama, vital capacity

### Introduction

The vital capacity of the lungs is a basic segment of good wellbeing. Typical metabolic procedures, tissue mending, and athletic execution all rely upon powerful relaxing. There are somewhere around 2 viewpoints to successful breathing: the best possible utilization of the breath-controlling musculature, including the muscles of the mid-region, the stomach, and the intercostal muscles of the thorax; and the working of the lungs themselves.

Awareness and control of the breath are integral parts of the practice of yoga. In many styles of yoga, the students are instructed to coordinate their yoga movements with their breath, special breathing techniques are taught, and deep breathing is emphasized during relaxation.

The objectives of this study were to document the effect of basic pranayama and asana techniques on the vital capacity of the group as a whole and the particular population studied; demonstrate the ease with which measurements can be done using the spirometer for the benefit of other yoga teachers and exercise leaders who might wish either to replicate the study or to emphasize the benefit of pranayama practice for their students; interest students in their vital capacity as an important measure of their health and demonstrate the practical value of yoga and breathing techniques to physicians, respiratory therapists, athletic coaches, and others. The students in this study received instruction in postures, breathing, and relaxation techniques. They were assigned to the following categories based on their response on the datasheet: smokers, no known lung ailments, or asthmatics.

### Methodology

Researcher used the experimental research design to find out the effect of yogic training in university students. 30 university students were selected for the yogic training.

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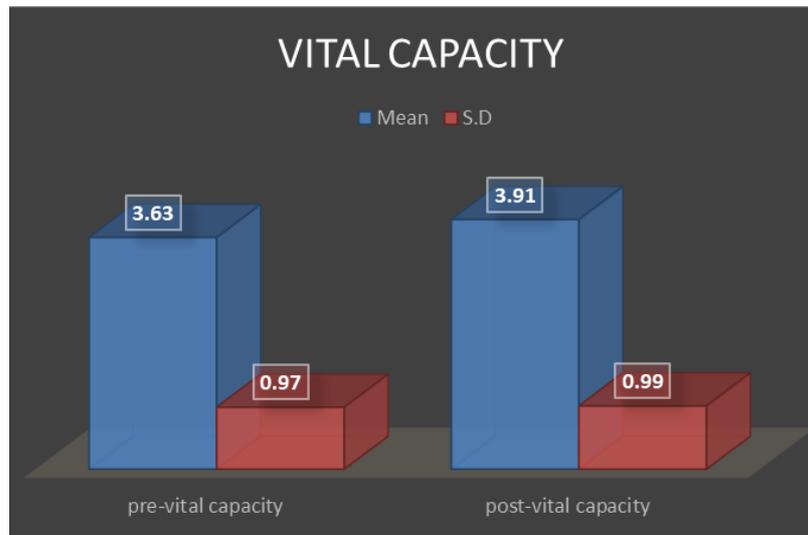
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## Data analysis

**Table 1:** Descriptive statistics of vital capacity

Group		N	Mean	S.D	t-value
Yogic training Group	Pre-test vital capacity	30	3.63	0.97	0.006
	Post-test vital capacity	30	3.91	0.99	



**Graph 1:** Bar Diagram showing the mean value of vital capacity between Pre and Post yogic training group

Table no. 1 and graph indicates the values of descriptive statistics of the experimental yogic training group for vital capacity, which shows that the pre-mean and pre-S.D. values of Yogic Group was found to be  $3.63 \pm 0.97$  respectively such as post-mean and post-S.D. values of Yogic Group was found to be  $3.91 \pm 0.99$ . The Yogic training group pre-vital capacity and post-vital capacity t-values was found to be 0.006. So that the post vital capacity of yoga training group was effectively greater vital capacity value (post mean > pre mean) than the pre vital capacity of yoga training group. There was no significant difference ( $t=0.006$ ,  $p>0.05$ ) in vital capacity between pre-yoga training group and post yoga training group.

## Discussion

In the present study a significant effect has disappeared on vital capacity after conducting 4 weeks regular practice of pranayama and yogic asana. In order to improve vital capacity in students both practices can be applied. The results of this study and their explanations justify the integration of yoga as a part of our lifestyle is necessary to be healthy and also will help to human beings preventing from respiratory system.

## Conclusion

It may be summarized that the Pranayama and Yogic Asana having positive effect on vital capacity, hence validated for experimentation Pranayama and Yogic Asana specifically as well as in general.

The conducted study further increased the scope of experimentation yogic paradigm for respiratory system. Hence, enriched the academic and scientific practices and book of knowledge.

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